



WORKING WELLNESS

Good Health is Good Business

JULY
2016

is...

2016 EAP WORKSHOPS

National
Immunization
Month



Becoming a Successful Influencer & Leader

Would you like to...

Break bad habits? * Overcome hurdles?

Help others with what they hate? * Help them do what they cannot?

Cord Blood
Awareness
Month



Successfully provide encouragement and assistance?
Change motivation and ability?

Juvenile
Arthritis
Awareness
Month



SIGN UP TODAY FOR THE 2016 EAP WORKSHOPS

July 12th – Key Largo – Nelson Gov't Center

July 13th – Marathon - Marathon Gov't Center

July 14th – Key West - Harvey Gov't Center

Supervisors: 9:00 am and 2:00 p.m.

Team Members: 10:30 a.m. and 12:30 p.m.

International
Group B
Strep
Awareness
Month



Reservations required!! Call or email today! Deadline: July 8th

Contact: Natalie Maddox @ 305-292-4450 or
maddox-natalie@monroecounty-fl.gov

UV Safety
Month



ALSO FEATURED DURING THE WORKSHOP!

What is EAP? Learn the who, what, when, where and why
about Monroe County's **E**mployee **A**ssistance **P**rogram.

INTRODUCING: Quantum's WebConnect, a telemed service
designed to enhance counseling.

With

World
Hepatitis
Day

For more
information on
these observances
or future
observances, go
to U.S.

Department of
Health and
Human Services at
<http://healthfinder.gov/NHO/nho.aspx>



Corner: Reminder for Wellness Medications



Effective January 1, 2013 the Monroe County prescription drug benefit started to include coverage for the following Wellness medications at a zero dollar copayment for members. (You must have a prescription for OTC products in order to receive a \$0 co-pay).

See the link below for the list of Wellness medications:

<http://fl-monroecounty.civicplus.com/DocumentCenter/View/8771>



SPOTLIGHT OF THE MONTH: NATIONAL IMMUNIZATION MONTH



You can visit the Benefits Office webpage to see all of the immunizations that we cover at a \$0 co-pay.
<http://fl-monroecounty.civicplus.com/index.aspx?NID=274>

Immunizations* (Routine Recommendations)	
Tetanus, Diphtheria, Pertussis (Td/Tdap)	Ages 19+: Tdap vaccine once, then a Td booster every 10 years**
FLU (Influenza)	Annually during flu season
Pneumococcal*** PCV13 and PPSV23	Ages 19-64: if risk factors are present; Ages 65+: 1 dose (per CDC); Ages 50+: 1 dose (Florida Blue Benefits**)
Shingles (Zoster)***	Ages 60+: 1 dose (per CDC); Ages 50+: 1 dose (Florida Blue Benefits**)
Haemophilus Influenzae Type b (HIB) Hepatitis A, Hepatitis B, Meningococcal	Ages 19+: if risk factors are present
Human Papillomavirus (HPV), Measles/Mumps/Rubella (MMR), Varicella (Chickenpox) & Hepatitis C (HCV) Infection Screening	Physician recommendation based on past immunization or medical history

* Some immunizations are contraindicated for certain conditions, discuss with your doctor.

** If you are pregnant, talk to your doctor about getting a Tdap vaccine during 3rd trimester of every pregnancy to protect your baby from pertussis (whooping cough).

*** Florida Blue Pharmacy benefits cover Shingles (Zostavax) and Pneumonia (Pneumovax) vaccine under Preventive Service benefit when services are rendered by an in-network pharmacy which administers these vaccines.



SPOTLIGHT OF THE MONTH: HEALTH FAIRS COMING SOON



Our annual Health & Wellness Fairs will be in September!

September 27th will be in Marathon from 9am – 2pm (Marathon Govt. Center 2798 Overseas Highway 2nd Floor BOCC Room Marathon, FL 33050)

September 28th will be in Key Largo from 9am – 2pm (Murray Nelson Govt. Center 10200 Overseas Highway Auditorium Key Largo, FL 33037)

September 29th will be in Key West from 9am – 2pm (Marriott Beachside 3841 N. Roosevelt Blvd. Flagler Ballroom Key West, FL 33040)

Come see all of your insurance providers (Florida Blue, Envision, Delta Dental, VSP, Quantum & Minnesota Life), possibly win a door prize and receive 4 hours PTO! (MCSO, Clerk of the Court, Tax Collector & Supervisor of Elections **DO NOT participate in the PTO incentive)

Department of Health will be there providing Flu shots and AHEC will be there providing Breast, Skin and Bone Density Screenings along with providing information on their Tobacco Cessation Program.

There will be a grand prize at each location this year!
More details to come!





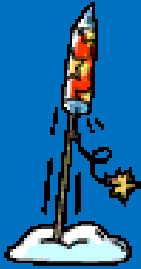
Sling Inspection

OSHA 1910.184(d) Inspections

Each day before being used, the sling and all fastenings and attachments shall be **inspected** for damage or defects by a competent person designated by the employer.

Additional inspections shall be performed during sling use, where service conditions warrant.

Damaged or defective slings shall be immediately removed from service.



If you need assistance with W/C please contact Liliana Cabrera @ (305) 292-4507.

Injured workers are also encouraged to visit the Division of Workers' Compensation website at www.fldfs.com/wc where you will find extensive information such as publications, a number of databases, rules, and forms that will give you a better understanding of workers' compensation.

A word from the Safety Officer



JULY IS UV SAFETY MONTH

This is ultraviolet (UV) safety month and with more people spending more time outdoors under the sun, there is no better time to emphasize the importance of sun safety and the dangers of UV rays. Here are some tips to help protect yourself and the kids from those UV rays.

- 1. Slip on a shirt.** You can now buy clothing that protect you from the UV exposure. Look for UPF values. The higher the number, the higher the protection.
- 2. Slop on sunscreen.** Use one with a high sun protection factor ((SPF)
- 3. Wear a hat.** A hat with a rim all the way around offers the best protection to the face, ears and neck
- 4. Wear sunglasses.**
- 5. Limit midday sun exposure.** Try and avoid being outdoors between 10am and 4pm. This is the time that the UV rays are strongest.
- 6. Protect the kids.** Children generally spend more time outside, so slop on the sunscreen before they go out.

Use these tips to protect yourself from the dangers of UV rays and reduce your chances of getting skin cancer.